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A Program of
Santa Monica College



Schedule of Classes | Summer 2021 | Jun 21 – Jul 31

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REGISTRATION

IMPORTANT SEMESTER DATES

The class schedule is available online at smc.edu/emeritus.

All classes and student support services for the summer session are happening in distance education environments.

Thursday, March 25, 2021 Schedule available online at smc.edu/emeritus

Monday, April 26, 2021 First day of Registration/Enrollment

Monday, June 21, 2021 SUMMER SESSION BEGINS

Monday, July 5, 2021 Independence Day (no classes/campus closed)

Saturday, July 31, 2021 SUMMER SESSION ENDS

HOW TO REACH US



EMERITUS

A Program of Santa Monica College

1227 2nd Street, Santa Monica, CA 90401

Business Hours: Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Telephone: 310-434-4306

Email: emeritus@smc.edu

Web: smc.edu/emeritus

ENROLLMENT SERVICES OPTIONS

You must enroll every semester. *For the 2021 summer session, you may initially enroll in a maximum of three (3) classes. When classes begin, this cap will be lifted, and you may enroll in additional classes when space is available. Please note: The same enrollment rules apply, so you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict.*

NEW AND RETURNING STUDENTS

NEW STUDENTS are students without an SMC Student Identification Number. RETURNING STUDENTS are students who have been away from classes for three or more semesters. New and returning students may register and enroll using either the application form in the back of this schedule or the fillable PDF application at smc.edu/emeritus. Please note that the fillable online application *requires* a signature before sending the application as an email attachment to emeritus@smc.edu. Applications mailed or placed in the SMC Emeritus mail slot located near the front door of 1227 2nd Street must be received by the Friday before the first day of enrollment. After you

complete your registration, you will receive an email with your student ID number, username, and temporary password to activate your SMC online account, along with instructions to follow at smc.edu/activate.

CONTINUING STUDENTS

CONTINUING STUDENTS are students actively enrolled in the current semester or either of the previous 2 semesters. Continuing students may enroll online at smc.edu/cc or by using the fillable PDF application available at smc.edu/emeritus or by using a paper enrollment application. At least two weeks prior to the start of enrollment, Continuing Student Enrollment Cards will be mailed to the address on record. At the top of the form, you will find your online enrollment appointment date/time that will rotate to an earlier appointment each semester. For immediate processing, enroll online on your appointment date/time (or anytime thereafter) using the SMC Corsair Connect Enrollment System at smc.edu/cc. If you are not assigned an online enrollment appointment, you **cannot** enroll online.

If you prefer, you may use the fillable PDF application at smc.edu/emeritus, your Continuing Student Enrollment Card, or the paper application form at the back of this printed schedule, and send all registration materials as an email attachment to emeritus@smc.edu. Only continuing students who received an enrollment appointment may use authorization codes given to them by faculty to enroll in closed classes after the start of the semester. If you receive an authorization code from an instructor for a closed class, enroll in the class online at smc.edu/cc. If you have not previously activated your SMC online account, you must use your student ID number, username, and password to complete the one-time process at smc.edu/activate.

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus takes place through SMC's Corsair Connect system at smc.edu/cc. Online enrollment appointments are computer generated and rotate to a previous day each term. Online enrollment gives continuing students the best odds for successful enrollment. Enroll online on your appointment date/time or any time thereafter. Detailed online enrollment instructions are available online at smc.edu/emeritus or in the Emeritus Enrollment Services Office. Emeritus mini computer lab volunteers can assist you with online enrollment when the mini lab is open.

- Go to smc.edu/emeritus – click on the helpful links located on the left side of the page for instructions for online enrollment, Corsair Connect, a searchable schedule (to find which classes are open), and other useful information.
- Go to smc.edu/cc – use “Corsair Connect” to enroll online. Make sure you have your SMC/Emeritus student ID number, password, and desired class section numbers available. If you cannot log in or have forgotten your password, please see smc.edu/studentithelp.

- The link to the searchable schedule is located EITHER under the “In this section” OR on the left side of the smc.edu/emeritus webpage, depending on whether you are using a desktop computer or a mobile device/Chromebook. Once on the searchable schedule page, select the (1) Semester (e.g. Winter 2021), (2) Class Type (Emeritus), (3) Class Modality (All), and (4) Class Status (Open & Closed). Scroll down and click the “Search” button. A listing of classes will appear below the “Search” button. Click the right arrow at the bottom of the page to access the next set of classes.

APPLICATION FORM ENROLLMENT

The fillable PDF application form is available online at smc.edu/emeritus. A signature is required before sending the application as an email attachment to emeritus@smc.edu.

If you choose to use the paper application located in the back of this schedule, please scan/take a photo and email with the completed form to emeritus@smc.edu.

- Fill out the form completely, sign, date and provide an emergency contact and number on the form.
- List courses in priority order. Do NOT enroll in duplicate sections of the same course or classes that overlap in time.
- Write “Alt” to indicate your second choice for a better chance of getting a course of your choice.
- Write in a personal email address on your enrollment form.

If you cannot email the application form, you may mail or place forms into the SMC Emeritus mail slot located near the front door of 1227 2nd Street no later than the Friday before the first day of enrollment, or your enrollment form will not be processed. All enrollment forms — whether emailed, placed into the mail slot, or mailed — are processed on a daily basis after all the online appointments have expired.

NOT ABLE TO ENROLL?

If you are unable to enroll because of missing application information, a required instructor code change, unpaid for-credit course fees, a records hold, disqualification status, or any other reason, please contact the Emeritus office for information. If you are unable to enroll due to a closed class, please see the Closed Classes/Wait List section below. If you are having any other enrollment issues, call the Emeritus office at 310-434-4306 for assistance.

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

If you enroll online, you will not be sent a transaction receipt via US mail. Instead, you must print your transaction receipt through the Corsair Connect online enrollment system. If you have submitted a paper application for enrollment, you will receive a transaction receipt via US mail. If a class you selected is not listed, then that indicates that the class is filled, or that there is a time conflict with another class you enrolled in, or that you tried to enroll in two sections of the same course. The class ID numbers are listed on the upper left of the confirmation/receipt.

CLOSED CLASSES / WAIT LIST

For closed classes, if you enroll online, you can add yourself to the wait list by clicking “Wait for a Class.” if you submit a paper enrollment form, you will automatically be added to the wait list. The maximum capacity for a wait list is approximately 30% of the maximum capacity for the class. The wait list is in chronological order, with the student who joined the list the earliest at the top (#1). Once the class starts, instructors will use the wait list as a reference to issue authorization (add) codes or sign add cards/continuing student forms. The wait list will be updated as students enroll in the class or remove themselves from it. When a seat opens up in a class, all active students on the wait list will be sent an Open Seat Notification to their SMC email account. Enrollment for the open seat is on a “first come, first to enroll” basis, so whoever enrolls first gets the available seat. Being on the wait list and receiving an Open Seat Notification does not guarantee an actual seat to anyone. For a better chance of getting the open seat, check your SMC email regularly and register online.

GENERAL INFORMATION AND ENROLLMENT TIPS:

- Courses are free but we gladly accept donations.
- Attend the first class or you may be dropped. Regular attendance throughout the semester is expected or you may be dropped from the class.
- Low enrollment and low attendance may cause class cancellations.
- Only enrolled students may attend and participate in class.

ADDRESS CHANGES

For address changes, either use an address card or make changes online at smc.edu/emeritus. In the menu on the left of the page, click on “Corsair Connect (Online Enrollment & SMC Email)” and log in. Then, click the “Enrollment” blue tab/link in the middle of the page. From the left menu, click “Profile/Preferences” and update your address, then press “Submit Changes” at the bottom of the page to save the new information.

EMERGENCY INFORMATION CARDS

Help us help you. Make sure your emergency information is current each term.

SCHOLARSHIPS/GRANTS

Scholarships and grants are available for materials or books for students experiencing financial difficulties. Make a confidential request to the Program Coordinator by calling 310-434-4306.

See page 8 for more distance education information.

DISTANCE EDUCATION INFORMATION

In order for instructors to provide students with distance education class information, ALL students must set up or activate their SMC **Corsair Connect** account. Through Corsair Connect, you can view enrollment results, enroll online after your initial semester as an SMC Emeritus student, and receive communication from your instructors through your SMC student email account.

CLASSES ARE ONLINE

Due to COVID-19 restrictions, all SMC campuses are closed to the public until further notice. You will attend classes and activities online over the internet using a computer, smartphone, or other suitable device (iPad, Android tablet, Chromebook, etc.). If you do not have a suitable device, contact the Emeritus office to discuss options.

Course materials, including Zoom links for class, will be sent to your SMC student email address, which is automatically created for you upon admission (see below).

PERSONAL EMAIL ADDRESS IS REQUIRED

As of February 1, 2021, you are required to have a personal email address.

While SMC will communicate with you primarily through your SMC student email address, your personal email address is **required** so you can receive startup instructions. You may provide your personal email address by going to smc.edu/emmeritus, clicking on “Application Form,” and emailing the completed form to emmeritus@smc.edu.

If you have an active Corsair Connect account, you may provide or change your personal email address after login at smc.edu/cc.

1. Click the Enrollment tab;
2. Click on Profile/Preferences; and
3. Add your personal email address.

WHAT WILL BE SENT TO YOUR PERSONAL EMAIL ADDRESS

SMC will email three items of information to your personal email address after you are admitted. You may have to click on a button in an email to receive additional information in another email. You will be sent:

1. Your SMC student ID number,
2. Your assigned SMC username,
3. Your temporary password (which is in the same email as your username).

YOUR ASSIGNED STUDENT EMAIL ADDRESS

Upon your admission, an SMC student email address is automatically created for you. Check your student email account often, as most communication from Emeritus will be sent to your student email address. Go to smc.edu/google for more information.

Student email addresses are provided by Google Gmail, but each address ends with @student.smc.edu. Your assigned SMC student email address is always your **SMC username** followed by @student.smc.edu

Example username: **last_first01**

Example student email address: **last_first01@student.smc.edu**

WHAT TO DO

- A. After you receive the three items listed above, complete the one-time “activation” of your SMC username, set up your new password, and join the sign-on system by watching the video and following the Emeritus student instructions appropriate for you at smc.edu/activate.
- B. Remember or write down the password you set during the activation. Log in to all SMC computer systems with your SMC username and password.
- C. After you complete the activation, log in to the **Corsair Connect** student self-service system at smc.edu/cc to see the list of classes you are enrolled in.
 - Detailed instructions for Corsair Connect are online at smc.edu/ccguide.
 - You may add or drop classes with a course “section” number, found in the schedule of classes.
- D. Using the SMC@Mail graphic button in Corsair Connect or from the SMC Gmail link on the Corsair Connect login page, log in to your SMC student email account to see if an instructor or SMC has sent you anything yet.
- E. Instructors usually send course materials, including Zoom links, a day or two before the first class. If you do not receive your materials by then:
 1. Find the instructor’s name on your Corsair Connect class list (or the published schedule of classes).
 2. Find the instructor’s email address at smc.edu/directory.
 3. Email the instructor from your SMC student email address. Antispam systems sometimes block emails from nonSMC systems, so anything you send from a nonSMC email address might not be received.
- F. If you have questions about how to add classes, please contact the Emeritus office.
- G. If you have questions about your password, email account, or other College computer technology issues, please see the web page at smc.edu/studentithelp.



Welcome to SMC Emeritus!

Dear Emeritus Community,

Welcome to Summer 2021!

It's been over a year of remote online learning, or Distance Education, and we have some more time to go. We do not know when we will resume in-person classes at Emeritus, nor when we will be able to do so at usual capacity. I hope everyone is staying safe. We will get through this time with patience, grace, and with each other.

If you need technology help, email studentithelp@smc.edu. You may also email emeritus@smc.edu for trouble with registration. If you are officially registered for the class, but missing your Zoom link, the best solution is to first email the instructor. All of the Emeritus faculty bios and a directory are available online at smc.edu/emeritus (click on "Faculty"). If you don't hear back within a day or so, then email us at emeritus@smc.edu.

Please know the first week, or two, of any given semester is one of high call and email volume. You can help reduce this by only emailing or calling once, and trying to get the Zoom links from faculty directly. This will help us get through the queue of calls and emails in the most expedient way possible.

Please DO NOT MAIL your registration form through USPS. Your form will be processed more quickly if you email the form to us, either through a scan, photo or filling out the form electronically on your computer, and emailing it to emeritus@smc.edu.

While we have been teaching and learning online, we have spent a lot of time making upgrades to the Emeritus building. Including, but not limited to: major overhaul of the HVAC systems and in-room temperature control, adding mirrors into Health & Conditioning Room 308, adding an openable window into Art Room 305, adding automatic door openers into the 1st floor restrooms, and several other items are underway, like the much-awaited refurbishment to the elevator. Additionally, we've added plexiglass dividers to the lobby and 4th floor offices, and will be doing additional safety upgrades preparing for the eventual return to campus.

We would very much appreciate your financial support, if you're in a position to do so at this time. The easiest way to make your donation to SMC Emeritus is online at smc.edu/emeritus (click on "Donate to Emeritus").

Lastly, if you have not checked out our digital version of the Emeritus Art Gallery, I encourage you to do so. It's an amazing and virtual exhibit, with fun launch events recorded and posted, and even includes a tour through the years of our art gallery at smc.edu/emeritusgallery.

I hope all of you continue to be well and take care of each other.

Sincerely,

Dr. Scott C. Silverman
Dean, Noncredit & External Programs (Interim)



IMPORTANT NOTES TO STUDENTS:

- All summer 2021 Emeritus classes will be conducted remotely via **Distance Education (ONLINE)**. Most will be synchronous and happen at the time scheduled, through Zoom or another platform. Some will be asynchronous, where you can complete the course on your own schedule. The instructor for each class will send the students on their rosters more information prior to the first class meeting. **Please activate your SMC Gmail account in order to receive your instructor's Distance Education online class access information.**
- See page 8 for accessing distance education information.
- If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change.

A SAMPLE OF A COURSE FROM THE SCHEDULE:

Course #	Course Name		
9500	ART E00 Survey of the Arts		
10:00a.m.–11:50a.m. T	Survey the history of art by viewing selections from particular periods of time or development.		
ONLINE	Study art in the context of history. This semester covers Ancient Art.		
Smith J			
Section #	Time & Day	Distance Education	Instructor

The 9000 level section number of the course must be placed in the "section" field on the application form or add card for correct enrollment.

Abbreviation of Days

M = Monday

T = Tuesday

W = Wednesday

Th = Thursday

F = Friday

S = Saturday

MW = Monday & Wednesday

MF = Monday & Friday

TTh = Tuesday & Thursday

WF = Wednesday & Friday

Check Out the
EMERITUS WEBSITE
smc.edu/emeritus

YOU'LL FIND

- Enrollment information and instructions
- Schedules of classes
- How to support Emeritus
- Emeritus news and information
- The Emeritus Voice newsletter
- Contact information for Emeritus
- And more....



ARTS & CRAFTS

ART E15, Drawing

This course provides a supportive atmosphere for older adults — from beginners to more advanced students — to explore and experiment with self expression through drawing. Older adult students learn drawing skills, elements of design, composition, and creativity, as well as drawing techniques for representative or stylistic effect. As well, students learn to interpret the perceived “real world” in a two-dimensional field, and to improve their observation and hand-eye coordination. The course focuses on the processes by which one makes art, exposes students to different approaches, and challenges students to think about what they are doing or trying to do.

9501 10:00a.m.-12:15p.m. Th ONLINE Donon S G

Learn the basics of drawing. Good for the beginner and students who would like to improve their drawing skills. It is open to all students.

ART E16, Life Drawing Studio

This course provides a opportunity for older adults to learn to see the human form and draw the anatomy of the human figure. This supportive class explores basic anatomy, movement, and skeletal structure of the figure using live models. Through demonstrations, class exercises, individual instruction, and guidance, beginning students learn basic life drawing skills, while more advanced students sharpen their skills in capturing the physical attributes of the model and expressiveness of the pose.

9502 10:00a.m.-12:50p.m. M ONLINE Harrison A B

Painting the human form. This course requires regular synchronous meetings through online instruction.

ART E19, Painting

This course enhances older adults’ artistic creativity and painting skills through positive motivation and instruction in oils and acrylics techniques that may use the palette knife for effect. Older adults learn how to select supplies and equipment, and basic elements of composition. Painting projects, demonstrations, group critiques, and discussions are used to explore two-dimensional artwork.

9503 9:00a.m.-11:50a.m. M ONLINE Adams L K

Painting in mixed media: This course focuses on drawing techniques as a fundamental to painting. Capture the personality as you focus on the head, hands, and posture in drawings, paintings and assemblage.

ART E20, Drawing and Painting

This course provides older adults with a supportive environment for instruction in drawing and painting. Older adults, from beginners to more advanced students, maintain or improve their drawing and/or painting skills in a constructive environment, and learn about space, line, value, and color in a workshop atmosphere.

9504 9:00a.m.-11:15a.m. M ONLINE Harrison A B

9506 9:30a.m.-11:45a.m. W ONLINE Donon S G

Drawing and painting. Mostly independent studio time with one-on-one instructor input and some group critique. Work in any dry medium.

ART E22, Watercolor

This course allows older adults who have never used watercolors to acquire a strong foundation in watercolor techniques, and provides those students with some watercolor

experience with a strongly supportive peer group in which to paint. Older adult students learn watercolor techniques and methods, as well as washes, brush strokes, color, value, and composition.

9507 9:00a.m.-11:15a.m. T ONLINE Manseau F J

Designed for beginning watercolorists. A techniques and methods class concentrating on the “how” of the medium: washes, brush strokes, color, value and composition.

9508 11:30a.m.-1:45p.m. T ONLINE Manseau F J

Intermediate watercolor. Review basics and further develop techniques toward a more personal creative result. Designed for students with some experience.

ART E24, Calligraphy II

This course expands older adults’ knowledge of calligraphy and everyday calligraphic forms to use for personal growth, self expression, or for family and volunteer projects. Older adult students learn the tools and equipment needed to write the calligraphy alphabet, as well as fundamental calligraphy techniques, lettering styles, and display methods.

9509 9:30a.m.-11:20a.m. F ONLINE Martorello J M

Learn a variety of calligraphic hands. Enhance your project with grace and style. Beginners are welcome.

ART E30, Watercolor Studio

This course allows older adults who have never used watercolors to acquire a strong foundation in watercolor techniques, and provides those students with some watercolor experience with a strongly supportive peer group in which to paint. Older adult students learn watercolor techniques and methods, as well as washes, textures, color, value, and composition.

9510 9:00a.m.-11:50a.m. F ONLINE Tirr C A

9511 12:00p.m.-2:50p.m. W ONLINE Tirr C A

Studio watercolor covering the basics with a focus on strong composition and an understanding of the medium.

ART E55, Sculpture

This course introduces older adults to three-dimensional design principles and elements, and helps them create expressive works of sculpture. Older adults learn to appreciate sculpture as a medium of self expression, and use a combination of materials and techniques to create a sculptural form and develop an expressive idea using a variety of materials, including items from everyday life. Students are required to purchase or bring their own materials.

9512 12:00p.m.-2:15p.m. Th ONLINE Benson J K

ART E80, Jewelry Making

This course provides older adults with an opportunity to create pieces of jewelry and learn an assortment of different techniques involved in creating jewelry. Students also learn about the wide range of materials available for making jewelry. Older adults make bracelets, earrings, and necklaces using techniques such as wire wrapping and bending, macrame, pearl knotting, crimping, and bead-weaving. Each week students learn a new technique and make a piece of jewelry using that technique.

9513 11:30a.m.-1:45p.m. Th ONLINE Ryza S V

Advanced jewelry techniques. New projects weekly — wirework, bead weaving, chain maille, advanced stringing projects, and more. Use a wide assortment of tools and materials. Students purchase materials per guidelines. Projects for this section are more complex. Students should master basic jewelry skills prior to enrolling.



EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

REGISTER FOR ONE LEVEL ONLY WITHIN THE COMPUTER COURSES. The levels/content areas are:

- Basic Computer Training
- Word Processing – Beginning
- Word Processing – Intermediate
- Data Management
- Working with Photos
- Working with Videos
- Using the Internet and Internet Safety

Students will learn how to use computers confidently, and become familiar with basic concepts, terms and skills related to the Microsoft Windows Operating System and other software programs. Students will need a flash drive. Depending upon the instructor, a textbook may be used for this course. Your instructor will provide details.

OCC E00, Basic Computer Training (formerly Introduction to Computers)

This course is designed to assist students in accessing the world of computers and technology. Students acquire introductory computer skills, enabling them to interact with colleagues, family and friends and promote self-expression. Students learn about personal computers, improve technical vocabulary, review typing and mouse skills, conduct basic computer maintenance, and learn how to use computer special function keys.

9576 11:00a.m.-12:50p.m. F ONLINE Simmonds A R

OCC E01, Word Processing

This course assists older adults in acquiring the skills necessary to use word processing software. Older adults learn to create, save, and retrieve documents and gain consumer and personal management skills. The pace of the course is designed to meet the needs of older adults who are at least somewhat familiar with computer technology.

9577 9:00a.m.-10:50a.m. M ONLINE Woolen D W

Beginner course.

OCC E10, Using Data Files

This course helps older adults understand how to use tables and data files to create mailing labels, financial records for taxes, or work in a volunteer or paid job requiring these and other consumer skills. The course is offered at a pace that helps older adults maximize their knowledge retention and continue learning.

9578 1:00p.m.-2:50p.m. Th ONLINE Rodriguez J E

OCC E20, Using the Internet Safely

This course focuses on ways students can better protect themselves in a new technological environment and use the Internet to find valid information. Best practices in virus protection and using e-mail are discussed. In addition, students examine and discuss their computer and internet needs for personal and professional use.

9579 11:00a.m.-12:50p.m. M ONLINE Woolen D W

PHOTO E00, Digital Photography I

This course assists older adults in selecting and using digital cameras. Older adults are encouraged to take photographs, keep photographic records, use photography as a means of self-expression, and share their vision and photographic experiences with others.

9580 9:00a.m.-10:50a.m. T ONLINE Schneir G

Digital Photography for those who want to expand their photographic abilities. Novice digital photographers are welcome. Free image editing programs (i.e. Picasa/FastStone) will be explored. Students will learn the use of both regular cameras and smartphones and explore the pros/cons of both. Guidelines for using your camera, composition and exposure will be discussed. Students are urged to bring a few pictures on flash drives along with their cameras and manuals to class. No computer knowledge is required.

PHOTO E10, Digital Photography II

This course assists older adults in choosing and using modern technology for keeping photographic records of their family, friends, and travels, and helps them use photography as a means of self-expression. Older adults share their photographic visions with peers and other family members. Some emphasis is placed on documenting students' family histories.

9581 9:00a.m.-10:50a.m. F ONLINE Rodriguez J E

Learn about videos. Use Adobe Premiere to create simple videos. Knowledge and use of Photoshop Elements experience is recommended.

9582 3:00p.m.-4:50p.m. Th ONLINE Rodriguez J E

The above section 9582 is an Advanced Photoshop class.

HEALTH & CONDITIONING

HEALTH E21, Yoga Health & Safety, Principles & Practices for Older Adults

This course focuses on the history, principles and practices of yoga. Designed to promote health and safety among older adults, it focuses on yoga principles and practices to enhance the health of older adults through improved flexibility, balance, range of motion, strength, lung capacity and circulation. Some course sections may focus on specific yogic methods. Some sections may include therapeutic applications of yoga to address specific health challenges for older adults. Students will be encouraged to share their physical, mental and emotional challenges in a supportive environment specifically for older adults. These challenges will then be addressed within the coursework. Students will create a Daily Personal Yoga Health Plan integrating their own personal therapeutic yoga applications. Students will be encouraged to practice daily, creating opportunities to rehabilitate challenges. The course is designed to help students to use yoga methods such as postures, breathing techniques, meditation, and visualization to enhance their confidence, health, and overall feeling of well being.

9527 8:30a.m.-10:20a.m. WF ONLINE Dee D

9528 10:00a.m.-11:50a.m. TTh ONLINE Cooper M

9529 11:00a.m.-12:50p.m. MW ONLINE Staff

9530 10:30a.m.-12:20p.m. TTh ONLINE Cass K

The above section 9530 is chair based – no mat required. Learn Yoga lifestyle skills (Ayurveda) for wellness and vitality. Class is live and recorded.

9531 3:30p.m.-5:00p.m. TTh ONLINE Dee D

HEALTH E22, Chi Gong Principles & Practices for Older Adults

This course is designed to enhance the health and safety of older adults through use of the principles and techniques of Chi Gong. Based on Chinese philosophy and healing concepts, the course will include the history, theory and practice of Chi Gong, including both the Wu School and Yang Style. Included are such Chinese philosophies as Yin and Yang, the Eight



Directions, and Five Element theory and their applications to healthy living. Students work at their own level to improve tone, strength, flexibility and balance. Lectures, films, texts and discussions will explore the theory and practice of this traditional Chinese method for health and healing. Students will analyze which strategies best meet their needs, and create an individual health plan integrating Chi Gong techniques into their daily lives.

9532 9:00a.m.-10:15a.m. TTh ONLINE Holtzermann C

HEALTH E23, T'ai Chi Principles & Practices for Older Adults

This course offers an overview of the history, philosophy and techniques of the Chinese energy balancing health practice T'ai Chi Ch'uan. With a focus on enhancing healthy aging for older adults, the course offers strategies for improving balance and posture; increasing flexibility and endurance, reducing stress, and promoting relaxation and mindfulness. The course shows older adults how to avoid injury, conserve energy and use the body in an ergonomic manner. Students will create a personal health plan integrating T'ai Chi principles and techniques into their daily lives.

9533 12:00p.m.-1:15p.m. WF ONLINE Nardini A S

Intermediate and Advanced. Students should be able to perform the Yang style Slow Form 108.

9534 12:30p.m.-1:45p.m. TTh ONLINE Terry Jr P W

This section is designed for Beginner and Intermediate students.

9535 2:00p.m.-3:15p.m. TTh ONLINE Terry Jr P W

For intermediate and advanced students of the long, Yang style form. Develop goals and a personal health plan. Not appropriate for beginning students.

HEALTH E24, Physical Fitness Principles & Practices for Older Adults

This course focuses on physical fitness and conditioning principles to help older adults maintain or improve their health, safety and independence. It covers basic principles of anatomy and fitness, showing older adults how to improve their cardiovascular health, muscle strength, endurance, flexibility, posture and balance. Principles of good nutrition also will be covered. Students explore movement strategies that are particularly helpful for older adults. Included are proper concepts and methods for warm-ups, stretching, low-impact aerobic activity, cool-downs, strength training and balance work. Students learn how to avoid falls and safely accommodate physical conditions and challenges. Students create a customized personal fitness and conditioning plan to suit their individual needs and physical challenges.

9536 8:30a.m.-9:45a.m. MW ONLINE Moy D N

Beginner course.

9537 8:30a.m.-9:45a.m. TTh ONLINE Moy D N

9538 9:00a.m.-10:15a.m. TTh ONLINE Wapner-Baart L J

9539 9:30a.m.-10:45a.m. TTh ONLINE Huner K A

9540 2:00p.m.-3:50p.m. W ONLINE Cass K

The above section 9540 "Mindful Fitness" Chair-based and yoga-inspired. Course meetings are live and recorded.

HEALTH E25, Strength & Stamina Training Principles & Practices for Older Adults

This course focuses on how strength training and stamina building strategies help to promote health, safety and vitality in older adults. Principles of basic anatomy and physiology are covered. The course explores how older adults can maintain or improve their health and stamina through strength training using free weights, resistance devices and fitness techniques. The course emphasizes safe ways to start and maintain a program to increase strength, improve stamina and

sustain bone density. Principles of good nutrition and stress management are included. Students create a personal fitness and strength training plan based on their individual needs and physical challenges.

9541 8:30a.m.-9:45a.m. TTh ONLINE Regalado O

9542 10:00a.m.-11:15a.m. TTh ONLINE Regalado O

9543 10:30a.m.-11:45a.m. MW ONLINE Huner K A

HEALTH E30, Personal Safety – Fall Prevention

This course is designed to help students avoid falls, which are the most frequent cause of serious injury in older adults. The course focuses on how, when and where falls frequently occur; how to maintain mobility, and how to improve and recover one's balance. Students will create an individualized activity program to improve balance, endurance, strength and flexibility.

9544 12:00p.m.-1:50p.m. W ONLINE Evans Jami R

HEALTH E34, Stress Reduction through Yoga

This course offers older adults a range of strategies and techniques to reduce and manage stress in their lives. It includes stress reduction methods such as positive thinking, breathing exercises, meditation, humor, diet and exercise. The course also helps students establish peer support groups to help maintain their stress reduction skills.

9545 9:00a.m.-10:50a.m. M ONLINE Cooper M

9546 9:00a.m.-10:50a.m. S ONLINE Holtzermann C

HEALTH E38, Joint Health & Mobility for Older Adults

This course helps older adults with chronic joint pain or mobility problems to attain and maintain physical strength, mobility and flexibility. Older adults with arthritis and/or other minor physical limitations will learn about the function of joints in the human body and techniques to move effectively without joint stress. Students create an individual plan for mobility and physical fitness.

9547 10:30a.m.-11:45a.m. TTh ONLINE Moy D N

Above section 9547 is targeted towards participants of the WISE Adult Day Program.

9548 10:30a.m.-11:45a.m. TTh ONLINE Wapner-Baart L J

9549 12:30p.m.-1:45p.m. TTh ONLINE Regalado O

This class consists of constant movement and incorporates aerobic sequences to help strengthen and enhance joint health.

9550 2:30p.m.-3:45p.m. MW ONLINE Albert G S

Above section 9550 chair-based class.

HOME ECONOMICS

CT E00, The Fix-It Class – Repair Almost Anything

This course teaches older adults about household tools, how to make minor or more complex home repairs or maintenance, and how to evaluate proposed repair processes when hiring and paying a repair person. Older adults learn to repair leaky faucets, fix minor electrical problems, hang almost everything, caulk a bathtub, and so forth. The course is intended to help older adults be knowledgeable, confident, and prudent about home repairs and maintenance.

9515 1:00p.m.-3:15p.m. Th ONLINE Ross M A

This class also includes material on consumer affairs such as how to protect one's financial identity, and information about frauds and scams.

HME EC E01, Sewing Lab

This course helps older adults learn sewing-based skills, including how to construct clothing, engage in creative sewing



projects, use patterns, engage in patchwork or machine quilting, and/or other specialized sewing techniques. Older adults learn economical sewing techniques and socialize with their peers in a supportive and creative environment.

9554 12:00p.m.-1:50p.m. M ONLINE Lewis K

HME EC E52, Restaurant Critic – Dining Wisely: Healthy Eating Choices for Older Adults

This course helps older adults learn how to prepare healthy foods for a small household and how to make cost-effective choices in planning a menu. Older adults work together to create a cookbook or recipe book, share food and recipes with their peers, learn restaurant terms, learn to write a standard recipe, and discuss and write about memories involving food. The course also engages older adults in discussions about food fads and provides factual information on food additives, vitamins, safe food storage, health precautions, and basic nutritional information.

9555 11:30a.m.-1:50p.m. M ONLINE Salgado G

HME EC E71, Needlecrafts II

This course provides a supportive, stimulating, and creative environment for older adults to create handmade needlework or other fiber arts projects using an assortment of techniques, including knitting, crochet, needlepoint, weaving and macrame. Beginning students will learn basic skills; students with some experience in needlework will learn more advanced techniques.

9556 1:30p.m.-4:20p.m. W ONLINE Ryza S V

HUMAN DEVELOPMENT

HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults

This course familiarizes older adults with the aging process, including physiological, psychological, and sociological aspects. Older adults become more comfortable with changes in themselves and others over time, and learn to celebrate the benefits of a longer life. Older adults also learn new coping strategies and explore issues facing adults of all ages, including conflicts, stereotypes, age, bias, loss, and change.

9557 12:30p.m.-1:45p.m. MW ONLINE Albert G S

9558 1:30p.m.-2:45p.m. TTh ONLINE Albert G S

HUMDEV E22, Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment

This course is designed to help older adult students learn about Jewish culture, from the historical backdrop of the 19th Century's worldwide advances, pogroms, and immigrations, to the flowering of Jewish art, culture and entertainment in 20th Century United States and beyond. The course aims to improve older adults outlook on life, stimulate their minds and imaginations, improve peer group interaction and communication, and increase their sense of positive aging and cultural identity with particular attention to Jewish humor and tenacity as survival mechanisms in the face of adversity. Older adults will engage with their peers in a positive and up-lifting manner while learning about the use of art and humor through the last century. They will learn about Jewish theater, literature, film, art and music, and how American culture has flourished as a result of the Jews' contributions. We will discuss: changes in stereotypes such as comedic images of older adults and other subgroups of the community; different types of art, self-expression and humor; and/or popular trends in all aspects of culture and entertainment.

9560 11:30a.m.-1:20p.m. W ONLINE Abatemarco A M

PATHFINDERS PROGRAM

SMC Emeritus Pathfinders classes are geared towards the needs of individuals who are recovering from an acquired brain injury or stroke. Pathfinders exercise classes include the following:

- **HEALTH E63 Body Conditioning After a Stroke** help to improve balance, mobility, and physical endurance in a group setting.
- **HUMDEV E27 Exercising the Brain** is designed for individuals dealing with cognitive deficits.
- **HUMDEV E50 Communication After a Stroke** assist in the improvement of communication skills.

Interested SMC Emeritus students who would like to enroll in the aforementioned classes are required to call the SMC Center for Students with Disabilities ABI Program at 310-434-4442 for registration details. **You cannot enroll in the Pathfinders classes without first calling 310-434-4442. Registration is completed through the SMC Center for Students with Disabilities.**

HEALTH E63, Body Conditioning After a Stroke

This course helps older adults who have experienced an acquired brain injury to maintain or improve their mobility and physical endurance through an individualized program offered in a group setting. Topics include how to cope with the effects of brain injury or stroke and how to restore the student's natural energy and flexibility, through techniques used to regain and maintain physical fitness. Participation in this Pathfinders Program allows older adults to be included in their community and maintain their independence, and helps them to self-advocate and engage in activities that benefit their health.

9551 10:30a.m.-11:45a.m. T ONLINE Deuel E M

12:00p.m.-1:15p.m. T ONLINE Deuel E M

1:30p.m.-2:45p.m. T ONLINE Deuel E M

9552 10:30a.m.-11:45a.m. W ONLINE Evans Jami R

10:30a.m.-11:45a.m. F ONLINE Evans Jami R

12:00p.m.-1:15p.m. F ONLINE Evans Jami R

9553 10:30a.m.-11:45a.m. Th ONLINE Jaffe A O

12:00p.m.-1:15p.m. Th ONLINE Jaffe A O

1:30p.m.-2:45p.m. Th ONLINE Jaffe A O

HUMDEV E27, Exercising the Brain

This course assists older adults in minimizing anxiety when memory behavior patterns change. The ultimate goal of the class is to stimulate thinking and to exercise the brain. Older adults learn the latest information on the causes, symptoms, and treatments of memory loss in older adults, as well as practice skills to enhance memory retention and retrieval.

9564 11:00a.m.-12:15p.m. F ONLINE Nicholls J

HUMDEV E50, Communication After a Stroke

This course, which is part of the Pathfinders Program, increases, enhances, and maintains the daily speech function of adults who have experienced speech impairments due to acquired brain injury. Older adults learn to cope with the effects of stroke or other brain injury on communication skills, get support from those in similar situations, and guidance from professionals after outpatient therapy is completed.

9565 10:30a.m.-11:45a.m. W ONLINE Feinberg L H

12:00p.m.-1:15p.m. W ONLINE Feinberg L H



HUMDEV E24, Bereavement Support

This course helps older adults in the resolution of grief and toward a more positive view or reaction to the death of a loved one. The course provides older adults with a variety of alternative methods of dealing with loss in a small group setting. Older adults share their grief with others, receive encouragement and moral support, and learn about the natural grieving process, as well as how to heal and rebuild their lives.

9561 1:30p.m.-3:20p.m. M ONLINE Press P L

HUMDEV E27, Exercising the Brain

This course assists older adults in minimizing anxiety when memory behavior patterns change. The ultimate goal of the class is to stimulate thinking and to exercise the brain. Older adults learn the latest information on the causes, symptoms, and treatments of memory loss in older adults, as well as practice skills to enhance memory retention and retrieval.

9562 10:00a.m.-11:50a.m. T ONLINE Frand L

This class is not designed for anyone with dementia or Alzheimer's.

9563 12:30p.m.-2:20p.m. W ONLINE Frand L

This class is not designed for anyone with dementia or Alzheimer's.

PSYCH E33, Living as a Single Person

This course assists older adults who are facing a change in their lifestyle because they are now single. Older adults explore topics such as dealing with isolation ageism, depression, eating patterns, and social interactions. The course assists older adults in making the necessary transitions and adjustments to live a happy and successful life as an older single person.

9586 11:00a.m.-12:50p.m. M ONLINE Press P L

LITERATURE

BILING E01, Literature in Spanish

This course helps older adults explore a variety of Spanish literature in the language in which it was written and stimulates their appreciation of the vast literary output of Spain, Latin America, and other Spanish speaking countries. Students may also explore the history and culture of the country in which a literary work was produced, and participate in class discussions in Spanish.

IN
SPANISH

9590 9:00a.m.-10:50a.m. F ONLINE Kim Y

BILING E02, French Literature

This course helps older adults understand and appreciate the vast literary output of France and other French speaking countries, and introduces them to French culture and people. Older adults explore a variety of French literature in the language in which it was written and engage in stimulating discussions with their peers.

IN
FRENCH

9514 2:00p.m.-3:50p.m. T ONLINE Isner-Ball D R

ENGL E20, Literature: The Novel

This course, which examines the world's greatest literary works (such as James Joyce's *Ulysses*) is designed to help older adults learn about trends in writing in different societies. Older adults learn about the uniqueness of each age of literature and each author under scrutiny. Various literary themes and the concerns of authors in different historical periods serve as a basis for discussion so that older adults may compare and contrast these topics with current events, modern cultures and sub-cultures, and societal structures and mores. Older adults will also discuss with their peers how these works relate to their own life experiences and accumulated knowledge.

9516 2:00p.m.-3:50p.m. M ONLINE Dwyer F

*We will continue working our way through Marcel Proust's *In Search of Lost Time*, picking up where we left off near the beginning of vol. 5: *The Captive*. You will need the translation by Moncrieff, revised by Kilmartin, and revised again by Enright, published by *The Modern Library*. (This volume, which is available as a single paperback or in the bargain Proust 6-Pack, also includes Proust's next book, volume 6: *The Fugitive*.)*

ENGL E23, Shakespeare

This course allows older adults to study and discuss selected plays by William Shakespeare and his contemporaries with their peers. Older adults will experience or re-experience the emotional and dramatic content in Shakespeare's classic works in light of their current life situations, and discuss the concerns of the human heart from the height of passion to the depths of despair.

9517 9:00a.m.-10:50a.m. M ONLINE Achorn J C

9518 11:00a.m.-12:50p.m. M ONLINE Achorn J C

ENGL E25, Literature: The American Novel

This course assists older adults in analyzing American novels, discussing them with their peers, and renewing their appreciation for this unique form of literature. Older adults learn background and trends in writing in different time periods and regions of America, and discuss how these works relate to their own life experiences and accumulated knowledge.

9519 9:00a.m.-10:50a.m. T ONLINE Achorn J C

Explore the development of the American novel, the writers and their lives and times.

ENGL E27, Poetry and Fiction

This course helps older adults explore a wide variety of poetry; in particular, poetry as adventure, confirmation, and renewal. Older adults also employ selected poems as a means to examine their life experiences and discuss these experiences with their peers. This course is designed to refresh older adults' enjoyment and increase their appreciation of poetry as a means of expression, and helps older adults explore poetry in relation to other types of literature, in particular in its use of language and imagery.

9520 10:00a.m.-11:50a.m. W ONLINE Davis C V

ENGL E29, Greek Literature

This course introduces older adults to the world of ancient Greek drama and fosters discussion among peers. Older adults will study Greek theater from a literary viewpoint and learn about plots, characters, and different interpretations through comparative analysis. Older adults will learn how ancient Greek drama is interpreted in modern media and will relate it to their own lives and experiences.

9521 11:30a.m.-1:20p.m. M ONLINE Dwyer F

*We will continue reading and contrasting two books: *Homer's Iliad*, in the translation by Caroline Alexander, and *Christopher Logue's War Music*. You will need the only complete edition of *War Music*, which is published by FSG. (It has a black helicopter on the cover).*

ENGL E30, Creative Writing

This course nurtures, revitalizes, and stimulates older adult writers who may already be producing or thinking about producing written material. The course is intended to discover, encourage, and develop untapped writing talent in older adults. It also allows older adults to develop and refine their writing and self expression skills, discuss their writing with peers, and comment on their peers' writing in a respectful and constructive manner. The course is also a forum for older adults to share their creative voices with peers.



9522 9:00a.m.-11:15a.m. M ONLINE Kronsberg G J
Experiment with writing projects to explore style, content and effect from the basics to more sophisticated techniques.

9523 9:30a.m.-11:45a.m. T ONLINE Ghabaei B
Come learn the art of skillful writing. All levels are welcome.

ENGL E33, Autobiography

This course helps older adults review and integrate the experiences that have shaped their lives, share memories with peers, and create a record of events for themselves and their families. Through this class older adults achieve a sense of pride in their accomplishments, improve their writing abilities, and express themselves in writing that can be shared with family, friends, and the public if desired.

9524 9:00a.m.-11:15a.m. Th ONLINE Wali M

9525 9:30a.m.-11:45a.m. S ONLINE Fox Jr R W

9526 12:00p.m.-2:15p.m. S ONLINE Reyes A C

MUSIC – PERFORMING ARTS

MUSIC E00, Concert Band

This course reinforces older adults' love of performing music in public and provides a structure for them to express themselves and participate in a performance group during their later years. Older adults also experience the physical benefits of deep breathing and head, eye, and ear coordination that result from playing a musical instrument. The course mentally stimulates older adults to concentrate on a wide variety of musical score, memorize parts, and problem solve in front of an audience.

9566 6:30p.m.-9:20p.m. T ONLINE Miyoshi Y

MUSIC E02, Guitar for Older Adults

This course re-stimulates older adults' interest in and knowledge of music played on the guitar and enhances their self-expression through music. Older adults learn basic and some advanced guitar chords, strumming patterns, and finger picks while playing songs from the 1920s, 1930s, 1940s, and 1950s, as well as traditional folk songs.

9567 9:30a.m.-11:00a.m. MW ONLINE Terry Jr P W

MUSIC E03, "The Merits" – Vocal Ensemble

This course provides older adults with an opportunity to express themselves musically, perform in community events, gain a sense of belonging to a creative peer group, and continue their life experiences in music. The course also helps older adults improve their vocal performance skills, rehearsal techniques, and general knowledge of music.

9568 10:00a.m.-12:50p.m. T ONLINE Bryant W

MUSIC E06, Gospel Community Chorus

This course introduces older adults to gospel music, literature, and singing techniques with the goal of performing throughout the community. The course provides a venue for older adult students to express themselves through gospel music, gain knowledge of the history of gospel music, build or rebuild their self-confidence as soloists or group performers, and interact with a group of creative peers.

9569 1:00p.m.-2:50p.m. W ONLINE Bryant W

MUSIC E10, Spanish Folk Singing

This course provides older adults (primarily those with a working knowledge of the Spanish language) with an opportunity to practice and perform music in Spanish from around the world. Older adult students are introduced to Spanish music, literature, and singing techniques from their own and other cultures, and encouraged to express themselves through Spanish folk songs.



9570 12:00p.m.-1:50p.m. T ONLINE Perez J Z

MUSIC E30, Opera Appreciation

This course helps older adults understand and appreciate opera as a music form and provides opportunities for socialization through shared interests. Older adults learn about the creative aspects, history, and development of opera. The course includes operatic experiences, live productions, and other opportunities for mental stimulation and peer group socialization.

9571 2:00p.m.-3:50p.m. Th ONLINE Jackson L R

MUSIC E32, Music Appreciation

This course helps older adults understand how music can enhance their life experiences by learning more about music styles, composition, performance, and historical periods. Older adults listen to and discuss musical selections and composers' biographies; expand their musical knowledge and understanding of different types of music, including orchestral, jazz, indigenous, and film music; and explore different aspects of musical performance by comparing different performers' recordings of the same piece.

9572 1:00p.m.-2:50p.m. M ONLINE Hetz M L

Explore classical music and learn about music. For all levels. Watch concerts, operas, dance, and bios of composers and musicians. Discuss the interaction of culture, language and social events that shape the creativity of musicians. Enjoy performances by rising student performers when permitted.

MUSIC E34, Lyric Chorus

This course provides older adults with a musical growth experience, opportunities to enhance their self-esteem and sense of belonging, and a way to express their creativity and interact with peers. Older adults rehearse and perform three-part arrangements of classics, Broadway hits, and ragtime music, and learn to be positive contributors to the sound, appearance, and artistic personality of a performing chorus while keeping their concentration and lung capacity at a peak.

9573 9:00a.m.-11:50a.m. Th ONLINE Jackson L R

MUSIC E51, Piano and Theory

This course is intended to enhance the enjoyment of creating music among older adults and enhance their ability to express themselves through music. Older adults learn to play piano music at their own level and pace, and participate in group discussions with peers. Older adults also learn musical skills and concepts and develop their ability to play piano music.

9574 11:00a.m.-12:50p.m. S ONLINE Hetz M L

This section is for Intermediate and Advanced students. You must be able to read music. In the class we discuss harmony; form and structure; and play the piano individually and as a group.

9575 12:00p.m.-1:50p.m. F ONLINE Hetz M L

This section is for beginners only. In the class we will help you read music; discuss harmony; form and structure; and play the piano individually and as a group.



POLITICAL SCIENCE

POL SC E00, Current Events

This course increases older adults' understanding of local, national, and international current affairs and how it affects their lives as well as the world around them. Older adults consider the political, economic, and social movements that determine domestic and foreign policies in the United States and around the world.

9583	9:00a.m.-10:50a.m. W	ONLINE	Stern R M
9584	10:00a.m.-11:50a.m. M	ONLINE	Sarkissian R
9585	2:00p.m.-3:50p.m. F	ONLINE	Johnson J P
	2:00p.m.-3:50p.m. F	ONLINE	Trives N

THEATER ARTS

HUMDEV E15, Theater – History of Comedy

This seminar provides a supportive environment for older adults to discuss with their peers a variety of topics of interest to seniors, including the study of aging, public policy related to older adults, philosophy, literature, music and musicals, or religion. The course is designed to allow older adults to relate any of these topics to their life experiences and socialize with others in similar stages of life. Specific topics may vary from semester to semester and may include the history of comedy, the great American songbook, etc.

9559	9:00a.m.-10:50a.m. W	ONLINE	Achorn J C
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TH ART E01, Principles of Acting

This course allows older adults to explore the human condition in historical and contemporary dramatic literature, fairy tales, myths, and legends, satire, and parody. By learning how to analyze and interpret these texts, older adults will be able to craft the characters that inhabit these stories. Through the transformative process of creativity, older adults improve their acting skills and participate in a public performance, which builds self-confidence and self esteem.

9587	11:00a.m.-1:50p.m. T	ONLINE	Gannen B
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TH ART E02, Theater Arts Appreciation

This course expands older adults' knowledge of play production methods and the history of the theater as it relates to current society and the life experiences of older adults. Older adults will learn about theater production from the viewpoint of the director, actor, critic, and viewer.

9588	9:00a.m.-10:50a.m. F	ONLINE	Abatemarco A M
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TH ART E30, Dramatic Interpretation Through Movies

This course helps older adults explore the art, technology, language and appreciation of film from the point of view of the older adult. Older adult students analyze the fundamentals of film production as a means of encouraging mental stimulation and peer socialization. Film examples are shown in class for comparison and discussion.

9589	11:00a.m.-1:30p.m. F	ONLINE	Abatemarco A M
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SMC Community Education*



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SANTA MONICA COLLEGE

**COMMUNITY
EDUCATION**

All summer 2021 Emeritus classes will be conducted remotely via **Distance Education (ONLINE)**. Most will be synchronous and happen at the time scheduled, through Zoom or another platform. Some will be asynchronous, where you can complete the course on your own schedule. The instructor for each class will send the students on their rosters more information prior to the first class meeting. **Please activate your SMC Gmail account in order to receive your instructor's Distance Education online class access information.**



CLASSES BY THE DAY Summer 2021

MONDAY

9:00a.m.-11:50a.m.	9503 ART E19, Painting	ONLINE
9:00a.m.-11:15a.m.	9504 ART E20, Drawing and Painting	ONLINE
9:00a.m.-10:50a.m.	9517 ENGL E23, Shakespeare	ONLINE
9:00a.m.-11:15a.m.	9522 ENGL E30, Creative Writing	ONLINE
9:00a.m.-10:50a.m.	9545 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:00a.m.-10:50a.m.	9577 OCC E01, Word Processing	ONLINE
10:00a.m.-12:50p.m.	9502 ART E16, Life Drawing Studio	ONLINE
10:00a.m.-11:50a.m.	9584 POL SC E00, Current Events	ONLINE
11:00a.m.-12:50p.m.	9518 ENGL E23, Shakespeare	ONLINE
11:00a.m.-12:50p.m.	9579 OCC E20, Using the Internet Safely	ONLINE
11:00a.m.-12:50p.m.	9586 PSYCH E33, Living as a Single Person	ONLINE
11:30a.m.-1:20p.m.	9521 ENGL E29, Greek Literature	ONLINE
11:30a.m.-1:50p.m.	9555 HME EC E52, Restaurant Critic – Dining Wisely: Healthy Eating Choices	ONLINE
12:00p.m.-1:50p.m.	9554 HME EC E01, Sewing Lab	ONLINE
1:00p.m.-2:50p.m.	9572 MUSIC E32, Music Appreciation	ONLINE
1:30p.m.-3:20p.m.	9561 HUMDEV E24, Bereavement Support	ONLINE
2:00p.m.-3:50p.m.	9516 ENGL E20, Literature: The Novel	ONLINE

MONDAY AND WEDNESDAY

8:30a.m.-9:45a.m.	9536 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
9:30a.m.-11:00a.m.	9567 MUSIC E02, Guitar	ONLINE
10:30a.m.-11:45a.m.	9543 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
11:00a.m.-12:50p.m.	9529 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
12:30p.m.-1:45p.m.	9557 HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	ONLINE
2:30p.m.-3:45p.m.	9550 HEALTH E38, Joint Health & Mobility	ONLINE

TUESDAY

9:00a.m.-11:15a.m.	9507 ART E22, Watercolor	ONLINE
9:00a.m.-10:50a.m.	9519 ENGL E25, Literature: The American Novel	ONLINE
9:00a.m.-10:50a.m.	9580 PHOTO E00, Digital Photography I	ONLINE
9:30a.m.-11:45a.m.	9523 ENGL E30, Creative Writing	ONLINE
10:00a.m.-11:50a.m.	9562 HUMDEV E27, Exercising the Brain	ONLINE
10:00a.m.-12:50p.m.	9568 MUSIC E03, “The Merits” – Vocal Ensemble	ONLINE
10:30a.m.-11:45a.m.	9551 HEALTH E63, Body Conditioning After a Stroke	ONLINE
11:00a.m.-1:50p.m.	9587 TH ART E01, Principles of Acting	ONLINE
11:30a.m.-1:45p.m.	9508 ART E22, Watercolor	ONLINE
12:00p.m.-1:15p.m.	9551 HEALTH E63, Body Conditioning After a Stroke	ONLINE
12:00p.m.-1:50p.m.	9570 MUSIC E10, Spanish Folk Singing	ONLINE
1:30p.m.-2:45p.m.	9551 HEALTH E63, Body Conditioning After a Stroke	ONLINE
2:00p.m.-3:50p.m.	9514 BILING E02, French Literature	ONLINE
6:30p.m.-9:20p.m.	9566 MUSIC E00, Concert Band	ONLINE

TUESDAY AND THURSDAY

8:30a.m.-9:45a.m.	9537 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
8:30a.m.-9:45a.m.	9541 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
9:00a.m.-10:15a.m.	9532 HEALTH E22, Chi Gong Principles & Practices	ONLINE
9:00a.m.-10:15a.m.	9538 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
9:30a.m.-10:45a.m.	9539 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
10:00a.m.-11:50a.m.	9528 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:00a.m.-11:15a.m.	9542 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
10:30a.m.-12:20p.m.	9530 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:30a.m.-11:45a.m.	9547 HEALTH E38, Joint Health & Mobility	ONLINE
10:30a.m.-11:45a.m.	9548 HEALTH E38, Joint Health & Mobility	ONLINE
12:30p.m.-1:45p.m.	9534 HEALTH E23, T'ai Chi Principles & Practices	ONLINE
12:30p.m.-1:45p.m.	9549 HEALTH E38, Joint Health & Mobility	ONLINE

1:30p.m.-2:45p.m.	9558 HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	ONLINE
2:00p.m.-3:15p.m.	9535 HEALTH E23, T'ai Chi Principles & Practices	ONLINE
3:30p.m.-5:00p.m.	9531 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE

WEDNESDAY

9:00a.m.-10:50a.m.	9559 HUMDEV E15, Theater – History of Comedy	ONLINE
9:00a.m.-10:50a.m.	9583 POL SC E00, Current Events	ONLINE
9:30a.m.-11:45a.m.	9506 ART E20, Drawing and Painting	ONLINE
10:00a.m.-11:50a.m.	9520 ENGL E27, Poetry and Fiction	ONLINE
10:30a.m.-11:45a.m.	9552 HEALTH E63, Body Conditioning After a Stroke	ONLINE
10:30a.m.-11:45a.m.	9565 HUMDEV E50, Communication After a Stroke	ONLINE
11:30a.m.-1:20p.m.	9560 HUMDEV E22, Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment	ONLINE
12:00p.m.-2:50p.m.	9511 ART E30, Watercolor Studio	ONLINE
12:00p.m.-1:50p.m.	9544 HEALTH E30, Personal Safety – Fall Prevention	ONLINE
12:00p.m.-1:15p.m.	9565 HUMDEV E50, Communication After a Stroke	ONLINE
12:30p.m.-2:20p.m.	9563 HUMDEV E27, Exercising the Brain	ONLINE
1:00p.m.-2:50p.m.	9569 MUSIC E06, Gospel Community Chorus	ONLINE
1:30p.m.-4:20p.m.	9556 HME EC E71, Needlecrafts II	ONLINE
2:00p.m.-3:50p.m.	9540 HEALTH E24, Physical Fitness Principles & Practices	ONLINE

WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9527 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
12:00p.m.-1:15p.m.	9533 HEALTH E23, T'ai Chi Principles & Practices	ONLINE

THURSDAY

9:00a.m.-11:15a.m.	9524 ENGL E33, Autobiography	ONLINE
9:00a.m.-11:50a.m.	9573 MUSIC E34, Lyric Chorus	ONLINE
10:00a.m.-12:15p.m.	9501 ART E15, Drawing	ONLINE
10:30a.m.-11:45a.m.	9553 HEALTH E63, Body Conditioning After a Stroke	ONLINE
11:30a.m.-1:45p.m.	9513 ART E80, Jewelry Making	ONLINE
12:00p.m.-2:15p.m.	9512 ART E55, Sculpture	ONLINE
12:00p.m.-1:15p.m.	9553 HEALTH E63, Body Conditioning After a Stroke	ONLINE
1:00p.m.-3:15p.m.	9515 CT E00, The Fix-It Class – Repair Almost Anything	ONLINE
1:00p.m.-2:50p.m.	9578 OCC E10, Using Data Files	ONLINE
1:30p.m.-2:45p.m.	9553 HEALTH E63, Body Conditioning After a Stroke	ONLINE
2:00p.m.-3:50p.m.	9571 MUSIC E30, Opera Appreciation	ONLINE
3:00p.m.-4:50p.m.	9582 PHOTO E10, Digital Photography II	ONLINE

FRIDAY

9:00a.m.-11:50a.m.	9510 ART E30, Watercolor Studio	ONLINE
9:00a.m.-10:50a.m.	9581 PHOTO E10, Digital Photography II	ONLINE
9:00a.m.-10:50a.m.	9588 TH ART E02, Theater Arts Appreciation	ONLINE
9:00a.m.-10:50a.m.	9590 BILING E01, Literature in Spanish	ONLINE
9:30a.m.-11:20a.m.	9509 ART E24, Calligraphy II	ONLINE
10:30a.m.-11:45a.m.	9552 HEALTH E63, Body Conditioning After a Stroke	ONLINE
11:00a.m.-12:15p.m.	9564 HUMDEV E27, Exercising the Brain	ONLINE
11:00a.m.-12:50p.m.	9576 OCC E00, Basic Computer Training (formerly Introduction to Computers)	ONLINE
11:00a.m.-1:30p.m.	9589 TH ART E30, Dramatic Interpretation Through Movies	ONLINE
12:00p.m.-1:15p.m.	9552 HEALTH E63, Body Conditioning After a Stroke	ONLINE
12:00p.m.-1:50p.m.	9575 MUSIC E51, Piano and Theory	ONLINE
2:00p.m.-3:50p.m.	9585 POL SC E00, Current Events	ONLINE
2:00p.m.-3:50p.m.	9585 POL SC E00, Current Events	ONLINE

SATURDAY

9:00a.m.-10:50a.m.	9546 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:30a.m.-11:45a.m.	9525 ENGL E33, Autobiography	ONLINE
11:00a.m.-12:50p.m.	9574 MUSIC E51, Piano and Theory	ONLINE
12:00p.m.-2:15p.m.	9526 ENGL E33, Autobiography	ONLINE

ADA ACCOMMODATIONS

SMC Emeritus students who require ADA (The Americans with Disabilities Act) accommodations in order to successfully participate in our unique noncredit older adult program or to sign up for our specialized Pathfinders classes should contact the SMC Center for Students with Disabilities. Santa Monica College makes every effort to make its campus fully accessible to students with disabilities. The SMC Center for Students with Disabilities offers guidance and counseling on admission requirements and procedures, as well as a number of special programs to help students with their academic, vocational, and career-planning goals. In addition, the Center offers specialized equipment, adaptive computer training, and test proctoring, among many other services and accommodations for students who are eligible.

To arrange for ADA accommodation, call the SMC Center for Students with Disabilities at **310-434-4265** or visit **smc.edu/disabledstudent**.

STATEMENT OF NONDISCRIMINATION

The Santa Monica Community College District is committed to building an inclusive and diverse environment and maintains a comprehensive program to ensure that practice reflects these principles. Diversity within the college environment provides opportunity to foster mutual awareness, knowledge, and sensitivity, to challenge ingrained stereotypes, and to promote mutual understanding and respect. The District's equal employment opportunity and nondiscrimination policies are set forth in Board Policies 2405, 2410, 3120-3123, 5220, 5230, and 5530. As set forth in these Board Policies, the District is committed to equal employment opportunity and nondiscrimination in the learning and work environments in accordance with all applicable laws, including, without limitation, California Code of Regulations, Title 5, § 59300 et seq., California Government Code §§ 11135-11139.5, the Sex Equity in Education Act (California Education Code § 66250 et seq.), Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 2000d), Title IX of the Education Amendments of 1972 (20 U.S.C. § 1681), Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. § 794), the Americans with Disabilities Act of 1990 (42 U.S.C. § 12100 et seq.), and the Age Discrimination Act (42 U.S.C. § 6101).

It is important for students, employees, and others associated with the College to report concerns about possible violations of the District's policies regarding equal employment opportunity and nondiscrimination. If you need information about the District's policies or need to report a violation of the laws listed above, you should contact:

- SMC Human Resources Office, 310-434-4415 or hrcomplaints@smc.edu (located on the second floor of the SMC Administration Building, 2714 Pico Blvd), regarding any complaint of unlawful discrimination, including sexual harassment and sexual discrimination; or
- Eric Oifer, ADA/504 Compliance Officer, 310-434-8912 or oifer_eric@smc.edu (office located in Student Services Center S276) regarding disability discrimination complaints.

El Distrito de Santa Monica Community College tiene el compromiso de crear un ambiente inclusivo y diverso y de mantener un programa comprensivo para asegurarse de que la practica refleja estos principios. La diversidad entre el ambiente colegial provee oportunidad para fomentar el conocimiento, la erudición, y la sensibilidad mutua, luchar contra los estereotipos arraigados, y promover la comprensión y respeto mutua. Las reglas del Distrito sobre igualdad de oportunidades del empleo y de nondiscriminación se disponen en las polisas 2405, 2410, 3120-3123, 5220, 5230 y 5530. El Distrito está comprometido a la igualdad de oportunidades y nondiscriminación en los ambientes de la educación y del trabajo en acuerdo con las leyes, incluyendo, sin la limitación, el Código de las Regulaciones de California Título 5, § 59300 y ss.; el Código de Gobierno de California §§ 11135-11139.5; la Ley sobre Equidad de Sexo en la Educación (Código de Educación de California § 66250 y ss.); el Título VI de la Ley de 1964 sobre Derechos Civiles (42 U.S.C. § 2000d); el Título IX de las Enmiendas de Educación de 1972 (20 U.S.C. § 1681), Artículo 504 de la Ley de 1973 sobre Rehabilitación (29 U.S.C. § 794); la Ley de 1990 sobre Americanos con Incapacidades (42 U.S.C. § 12100 y ss.); y la Ley sobre Discriminación por Edad (42 U.S.C. § 6101).

Es importante que los estudiantes, el personal y las demás personas relacionadas con el SMC reportan las inquietudes sobre posibles violaciones de las polisas relacionadas a la igualdad de oportunidades del empleo y de nondiscriminación. Si Ud. necesita información sobre las polisas del Distrito o tiene que reportar una violación de cualquier de estas leyes, debe ponerse en contacto con:

- La oficina de SMC Human Resources 310-434-4415 o hrcomplaints@smc.edu (ubicada en el segundo piso del Edificio Administrativo del SMC en 2714 Pico Blvd.) sobre cualquier reporte de discriminación, incluyendo el acoso sexual o discriminación sexual; o con
- Eric Oifer, ADA/504 Oficial de Conformidad 310-434-4182 o oifer_eric@smc.edu (oficina ubicada en la Sala S276 del Centro de Servicios Estudiantiles (Student Services Center) sobre reportes de discriminación por discapacidad.

THIS SCHEDULE IS PREPARED BY THE SANTA MONICA COLLEGE OFFICE OF MARKETING

Donald Girard, *Senior Director, Government Relations and Institutional Communications*

Ming-Yea Wei, *Marketing Design Analyst*

Jonathan Ng, *Senior Graphic Designer*

Vivian Chu, *Graphic Designer*

Paul Trautwein, *Web Services Coordinator*

Santa Monica College Contributors: Dr. Kathryn E. Jeffery, Dr. Scott Silverman, Vivian Rankin-Scales, Ashley Price, and Jessica Riojas.





APPLICATION FORM

Applications will only be accepted by email. Email to: emeritus@smc.edu

Full Legal Last Name _____ Middle _____
 Full Legal First Name _____
 Legal Permanent Street Address _____ Apt. No. _____
 City _____ State _____ Zip Code _____
 Mailing Address (if different from above). Include P.O. Box, City and Zip Code.
 Area Code _____ Telephone Number _____ Birth Month _____ Day _____ Year _____
 SMC/Emeritus Identification No. _____ Email _____

YOU MUST ANSWER THE FOLLOWING QUESTIONS EACH TIME YOU REGISTER.

Term: Summer Fall Winter Spring Have you enrolled in SMC or Emeritus Classes before? YES NO
 Have you resided in California for at least two years? YES NO If NO, since _____
 Have you been disqualified or dismissed from a college? YES NO
 If yes, enter college name? _____ and year _____

Section No.	Course Names	Time/Day	Section No.	Course Names	Time/Day

WRITE ONE CODE NUMBER IN EACH BOX AT THE RIGHT: (The State requires this information for new students.)

Ethnic Background	1. African American 2. American Indian/Alaskan Native 3. White 4. Mexican/Chicano 5. Central American 6. South American 7. Hispanic Other 8. Asian Indian 9. Cambodian 10. Chinese 11. Filipino 12. Japanese 13. Korean 14. Laotian 15. Vietnamese 16. Asian Other 17. Guamanian 18. Hawaiian 19. Samoan 20. Pacific Islander
Citizenship	1. United States 2. Permanent Resident 3. Temporary Resident 4. Refugee/Asylee 5. Student F1 or M1 Visa 6. Other (specify below): _____ 7. Unknown 8. Foreign student taking online classes from home country.
Enrollment Status	If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ 1. First time college student. 2. First time at SMC, attended another college. 3. Returning to SMC, last attended another college. 4. Returning to SMC, last attended SMC. 5. Continuing from a previous semester. 6. Special admit, currently enrolled in K-12.
Educational Level	Year last attended school: _____ CERTIFICATE, DEGREE OR GRADUATED FROM: 0. Non-high school graduate 1. Advanced high school 2. Adult Diploma 3. High school graduate – No college degree 4. Passed GED test 5. Received High School Proficiency Certificate 6. Foreign Secondary School Diploma 7. Earned College Associate Degree 8. Earned College Bachelor Degree or higher

YES! Count me in as a supporter!

Check payable to: SMC FOUNDATION
(write "Emeritus" in the memo line)

- \$1,000 and above** President's Circle
- \$500 to \$999**
- \$250 to \$499** Club 250 starts at \$250
- \$100 to \$249**

Please send me information about how I can provide for SMC and/or SMC Emeritus in my will or estate plan, including tax benefits and the SMC Foundation's Legacy Society.

PLEASE PRINT:

Name _____
 Address _____
 City/State/Zip _____
 Phone Number _____
 Email _____

This donation should be listed as Anonymous.

**MY DONATION OF \$ _____
 TO SUPPORT EMERITUS IS ENCLOSED.**

Emergency Contact _____
 Emergency Telephone No. _____

REQUIRED

*** WITHOUT YOUR SIGNATURE AND DATE
 WE CANNOT PROCESS YOUR FORM**

I certify that the statements made in this application are true and complete to the best of my knowledge. I understand that falsification, withholding pertinent data or failure to report changes in residence may result in my dismissal.

Signature: _____

Date: _____

All Summer 2021 Classes Will Be Online!



1227 2nd Street, Santa Monica, CA 90401
 Business Hours: Mon. – Fri., 8:30 a.m. – 4:30 p.m.
 Telephone: 310-434-4306
 Email: emeritus@smc.edu
 Website: smc.edu/emeritus
SMC Emeritus Campus is temporarily closed.

SMC EMERITUS STAFF

Dr. Scott Silverman, Dean, Noncredit and External Programs (Interim)
 Vivian Rankin-Scales, Program Coordinator
 Ashley Price, Administrative Assistant
 Jessica Riojas, Student Services Clerk

VOLUNTEERS

Mady Bergman, London Carter, Susan Cohen, Walter Coronel,
 Pat Gorman, Fida Habib, Alice Hirsh, Jeffrey Hogue, Suzie Kim,
 Cecelia Krippendorf, Shanta Lulla, Ruth Okin, Joseph “Wally” Pegrum,
 Susan Shapiro, Lillia Singer

EMERITUS STUDENT ADVISORY COUNCIL

Student membership of the Associate Dean’s Emeritus Student
 Advisory Council will be listed on the SMC Emeritus website at:
smc.edu/emeritus

SMC BOARD OF TRUSTEES

Rob Rader, Chair; Dr. Louise Jaffe, Vice-Chair;
 Dr. Susan Aminoff; Dr. Nancy Greenstein;
 Dr. Margaret Quiñones-Perez; Dr. Sion Roy; Barry A. Snell;
 Joshua Elizondo, Student Trustee;
 Kathryn E. Jeffery, Ph.D., Superintendent/President

SMC Emeritus Summer 2021 Schedule of Classes

WHAT IS SMC EMERITUS?

SMC Emeritus, started in 1975, is a noncredit older adult program of Santa Monica College. SMC Emeritus serves over 3,600 students annually and offers over 120 free classes of interest to senior citizens. All classes are held during the day at convenient locations throughout the community or at our home base on Second Street. The name Emeritus refers to people “retired with honor.” All older adults are welcome. For more information, call the SMC Emeritus office at 310-434-4306, visit our website at smc.edu/emeritus or stop by our office at 1227 Second Street, Santa Monica.

¿ QUÉ ES SMC EMERITUS ?

SMC Emeritus, inaugurado en 1975, es un programa sin créditos que ofrece Santa Monica College para adultos mayores. SMC Emeritus atiende a más de 3,600 estudiantes anualmente y ofrece más de 120 clases gratuitas de interés a personas de la tercera edad. Todas las clases se llevan a cabo durante el día en lugares accesibles en toda la comunidad o en nuestra sede en Second Street. El nombre Emeritus se refiere a personas “jubiladas con honor”. Todos los adultos mayores son bienvenidos. Para más información, llame a la oficina de SMC Emeritus al 310-434-4306, visite nuestro sitio web en smc.edu/emeritus o acuda a nuestra oficina ubicada en 1227 Second Street, Santa Monica. Ofrecemos clases en español. Mire dentro de este catálogo para mayor información.

COVER IMAGES ARE FROM THE EMERITUS STUDENT PHOTOGRAPHY EXHIBITION 2021

Front Cover:

Leticia Lua, *Lost in Thought*, 2020
 Dorli Burge, *Tulip Interior*, 2020
 Susan Ocarroll, *Yes Grasshopper*, 2020
 Shellee James, *Lightning*, 1985
 Regina Pally, *Looking Outward*, 2020
 Laurie Foye, *Yosemite*, 2018
 Allan Popelka, *Lucerne Bridge*, 2018

Back Cover:

Karen Sandler, *Rainbow Pots*, 2020

smc.edu/emeritusgallery

